

# MIAMI SPRINGS SENIOR CENTER

## SENIOR CENTER NEWS

The Miami Springs Senior Center, located on Prince Field at 343 Payne Drive, offers a variety of activities and services to older residents age 60 and over every Monday through Friday from 9:30 a.m.--5:30 p.m. The city's multipurpose senior center provides health, social, nutritional, recreational and educational services for older persons residing in Miami Springs. Current financial and programmatic support comes from: the City of Miami Springs; the Alliance for Aging, Inc. and the Florida Department of Elder Affairs; participant contributions; AARP; and countless volunteers. Service offerings and scheduled program activities include the following:

**CONGREGATE MEALS:** Hot lunch meals, meeting 1/3 of an older individual's "Required Daily Allowance," are served every Monday--Friday from 11:30 a.m.--12:30 p.m. to assist area seniors in maintaining a nutritionally balanced diet and to provide opportunities to socialize with their peers.

**HOME DELIVERED MEALS:** A limited number of lunch meals are delivered each weekday to functionally impaired, older residents who are homebound, unable to cook properly for themselves, and who have little or no additional support available.

**NUTRITION EDUCATION:** Scheduled presentations that promote better health by providing accurate nutrition information and instruction to participants are conducted by Stacey Reppas, the program's consulting Registered Dietician, throughout the year.

**HEALTH SUPPORT SERVICES:** Preventive and health maintenance services are scheduled each month. A free CHAIR EXERCISE CLASS is available every Monday, Wednesday and Thursday with group leader Lee Tully from 11-11:30 a.m. and free TAI CHI CLASSES will be offered by video every Friday morning from 9:30--10:30 am. In addition, a FREE BLOOD PRESSURE SCREENING will be conducted by Registered Nurse Isabel Gil on Wednesday, February 22<sup>nd</sup> from 10:30 a.m.--12:30 p.m.

**TRANSPORTATION:** Daily pick up, utilizing the city's mini-bus, is provided to older residents with no means of transportation to and from the center. Additionally, weekly trips are made to a local grocery store and assistance is given with shopping and carrying packages. Field trips to area stores and other places of interest are planned each month.

**RECREATION:** Recreational activities have been planned for February to include: Bingo games (2/7, 2/13, 2/21 and 2/27); the monthly birthday and anniversary celebration (2/16); and a field trip to Flagler Mall (2/20). In addition, a large selection of books, magazines, jig-saw puzzles and videos are available on a free loan basis to area residents from the Miami Springs Senior Center.

**EDUCATION:** Through out the year, formal and informal opportunities to acquire knowledge and increased awareness are offered in such areas as: consumer information; crime and accident prevention; personal enrichment; health, safety and wellness topics; elder abuse and exploitation; computer skills; and community resources.

**Free income tax preparation assistance** will be provided every Tuesday afternoon, on an appointment basis, beginning February 7 through April 11<sup>th</sup>. Call 305-805-5160 to reserve your time with a trained counselor.

On Wednesday, February 1<sup>st</sup> at 12 noon, Michael Postell from the Miami-Dade County's Property Appraiser's Office will present information on the **Limited Income Senior Citizen Exemption** of \$25,000, the **Widow/Widower Exemption** of \$500, the **Homestead Exemption** of \$25,000 and four types of **Disability Exemptions**. Mr. Postell will discuss the eligibility criteria to qualify for each property tax exemption and will provide the appropriate forms and instructions to those in attendance.

On Thursday, February 2<sup>nd</sup> at 12 noon, Andre McClendon will present the topic, "Total Fitness" and will explain a new, City sponsored program for seniors utilizing low-resistant exercise equipment available at the recreation center. On Wednesday, February 8<sup>th</sup> at 12 noon, Miami Springs' Councilman Xavier Garcia will present a report on current **Council actions** and answer questions from citizens. Mike Salem, Director of Skills Training Education Program will present the topic, "**Senior Services**" on Wednesday, February 15<sup>th</sup> at 12 noon and will describe services provided by STEP to homebound, frail and low income seniors.

**FOR FURTHER INFORMATION** on any of the services and activities offered at the City of Miami Springs Senior Center, please pick up the "Calendar of Events" at City Hall or contact the Elderly Services Department at 305-805-5160.

## CELEBRATING BIRTHDAYS:

Blasie Alsina.....	3
Mary Kummerling.....	4
Jean English.....	5
Augustin Linares.....	6
John Durr.....	6
Frank Tully.....	7
Caridad Ortiz.....	9
Joseph Cordero.....	12
Jimmy Garrido.....	14
Antonio Corpus.....	14
Ada Mayea.....	19
Maria Gonzalez.....	20
Josefa Hernandez.....	20
Jean Glab.....	20
Marco Bogard.....	22
Jose Figueroa.....	22
Juanita Cabrera.....	24
Edith Naar.....	24
Wayne Kinard.....	24
Ronald Sanford.....	25
Maria Stinson.....	27
Ruth Patterson.....	29



## FREE INCOME TAX PREPARATION ASSISTANCE

**FREE TAX COUNSELING** and **PREPARATION ASSISTANCE** for the 2005 tax returns will be offered by AARP Tax-Aide Counselors to all taxpayers with low and middle income, with special attention to that age 60 and over. Tax-Aide volunteers will be available, by appointment only, every Tuesday afternoon, beginning February 7<sup>th</sup>, at the City of Miami Springs Senior Center located at 343 Payne Drive on Prince Field. IRS trained Tax-Aide Counselors will assist residents with their returns and answer questions regarding special federal tax provisions for pensions, credit for the elderly or disabled, intangible taxes, and other important issues. Electronic filing will be available on the premises.

If you are in need of this free service, call the senior center at 305-805-5160 to **schedule your appointment** as soon as possible. Those scheduled for assistance must bring with them the following documentation, as applicable: the current year's tax forms and booklet; a copy of last year's income tax return and supporting documentation; all W-2 and W-2p forms from each employer if they earned a salary; a copy of their unemployment compensation statements; a SSA-1099 form if they were paid Social Security benefits; all 1099 forms (1099-INT, 1099-DIV, 1099-misc, etc.) showing interest and/or dividends and original purchase price of your sold assets; 1099R forms from the payer of your pension or annuity; all forms indicating federal income tax paid; child care provider information (name, employer ID, Social Security number); all receipts or canceled checks if itemizing deductions; and social security numbers for all dependents. Call 305-805-5160 to schedule your appointment as soon as possible.

**CELEBRATING THEIR ANNIVERSARY on Feb. 9th:**  
Mercedes & Fernando Hoffman

**FOR FURTHER INFORMATION, CALL US!**  
**305/805-5160**

**Good Things Are Happening Here!!**